

thePost

Vol. 82, No. 2

Published for the Fort Dix Community since 1942

January 12, 2007

NEWSNOTES

Government Employees 2006 W2s available now

The 2006 Civilian Pay W2 forms for income tax use have been posted to the myPay website. All others will be mailed between January 11 and 18.

Self-Help Store closed to Family Housing residents

The Fort Dix Self-Help Store no longer serves Family Housing Residents. The elimination of self help services at Fort Dix is based on a decrease in use largely due to the housing privatization contractor performing what was formerly self help type work through his maintenance personnel. Fort Dix Family Housing Residents may use the McGuire AFB Self-Help Store at 4264 East Castle Drive, Falcon Courts North, phone: 609-724-0550.

The Fort Dix Self-Help Store will remain open to serve Fort Dix Unaccompanied Personnel Housing (UPH) and Barracks personnel as well as for general installation use. The current Store hours are Tuesday - Friday: 11 a.m.-1 p.m. and 2 p.m. to 4:45 p.m., and Saturdays, 8 a.m. to 4:30 p.m. These hours are subject to change if utilization drops significantly after the Housing use is dropped.

Special Forces looking for officer volunteers

The U.S. Army Special Forces are currently seeking male officer volunteers from Year Group '04. Officer packets will be accepted until Feb. 15, 2007, but early submission is highly recommended.

NCO Academy looking for OPFOR Soldiers

The Fort Dix NCO Academy is looking for units that want to provide OPFOR (Opposing Force) personnel for the academy's Warrior Leader Course Situational Training Exercise.

The duty would be for 2 to 3 days during the course cycle each month. The academy is looking for team-to-squad-size elements that would like to hone their infantry skills. For information regarding the duty dates and equipment requirements, call Sgt. 1st Class Smith at 562-6136.

WEATHER

Weather Hotline

Looking for information on weather delays and closings on Fort Dix? Call 562-4065, tune in to WDIX or log on to www.dix.army.mil after 6 a.m. daily

FRIDAY: Partly cloudy, with a high near 52. Southwest wind between 6 and 11 mph. Slight chance of evening showers, with a low around 41.

SATURDAY: A chance of showers, mostly cloudy, with a high near 53. Overnight, mostly cloudy, with a low around 41.

SUNDAY: Chance of showers, mostly cloudy, with a high near 53. A slight chance of rain overnight, mostly cloudy, with a low around 43.

M.L.KING DAY: A chance of rain. Mostly cloudy, with a high near 50. Chance of precipitation is 40 percent. Overnight low is 33 degrees.

TUESDAY: Mostly cloudy, with a high near 40. Partly cloudy overnight, with a low around 27.

Bush outlines new strategy for Iraq

American Forces Press Service
WASHINGTON, Jan. 10, 2007 - President Bush's new strategy for Iraq, announced tonight in a televised speech to the nation, includes more than 20,000 additional U.S. troops on the ground in Baghdad and Anbar province, increased responsibility for the Iraqi government and Iraqi security forces, and more diplomatic and economic initiatives.

Bush, speaking from the White House, said his new strategy "will change America's course in Iraq and help us succeed in the fight against terror."

The president acknowledged that the situation in Iraq has changed dramatically since the bombing of the Golden Mosque in Samarra in February 2006. The sectarian violence it ignited has overwhelmed political gains Iraqis have achieved and created an "unacceptable" situation in Iraq, he said.

The most urgent priority in Iraq is to stop the violence and create the stability needed for the country's new government to succeed, the president said.

Toward this end, Bush announced tonight that the Iraqi government has committed 18 Iraqi army and national police brigades to deploy across Baghdad's nine districts and work in concert with local police.

To help the Iraqis succeed in their mission, Bush said he has committed five additional U.S. military brigades to Baghdad and 4,000 more troops in Anbar province, the most restive parts of Iraq. He noted that 80 percent of all violence in Iraq occurs within 30 miles of the capital city and that Anbar province has become al Qaeda's new home base.

The U.S. troops will embed with Iraqi formations and operate alongside them, helping them clear and secure neighborhoods, protect the local population and ensure that they are able to provide the security Baghdad needs, he said. (continued on page 3)



Ryan Morton

EYE ON TRAINING - Spc. James Gilliam, 303rd Military Police Company, Michigan focuses on the target during mobilization training at Fort Dix. Gilliam is one of more than 93,000 Soldiers who have mobilized and demobilized through the installation since September 11, 2001.

Dix troops anchor flag at Eagles' win

The National Football League saluted the United States flag and its military forces Jan. 7 during Eagles-Giants pre-game ceremonies at Veterans Stadium in Philadelphia, and Fort Dix troops were there to lend a hand. Soldiers assisting in the display of the huge flag were Staff Sgt. Jack Smith, Staff Sgt. Ernest Eans, Spc. David Day, Sgt. First Class Vincent Fanning, Master Sgt. John Madison, Sgt. First Class Brian Loomis, Spc. Jon Reed, Staff Sgt. Anthony Ruiz, Sgt. Eugene Ethengain, Sgt. Ramon Mercado and Sgt. Brad Squibbs. Philadelphia's Eagles squeaked by 23-20 over the New York Giants, earning a trip to New Orleans Jan. 13 to play the Saints for the opportunity to play in the NFC Championship game. Dix Soldiers joined military personnel from all services in the patriotic display and were invited to remain and watch the game.



Photo courtesy Philadelphia Eagles

Webster salutes 24-year Army career

Shawn Morris
Public Affairs Staff

Anyone who knows Maj. Peter Webster knows the level of energy, competency and enthusiasm he brings to everything he does. From managing the Fort Dix ranges to welcoming home returning Soldiers or caring for wounded warriors, seeing Webster in action is something to behold.

During the latter half of this past year, troops in Iraq got to bear witness to this human dynamo as Webster served as executive officer for the Counter Improvised Explosive Device (C-IED) Training Team, Multi-National Corps-Iraq, at Camp Victory from July 27 to Nov. 19.

Webster was tasked with mentoring instructors from the U.S. Army, Navy and Air Force, as well as those from coalition forces from Australia and Britain.

The C-IED team trained more than

31,000 troops in counter-IED warfare. For many Soldiers, the above description would constitute a job well done. But for Webster, it was only the beginning.

He implemented a new Standard Operating Procedure (SOP) within the C-IED team. He helped develop the plan to

new C-IED Instructor Certification Program to maintain a consistent level of quality instruction on counter-IED methods and to allow for a smooth transition for incoming instructors. To gain a better understanding of counter-IED warfare, Webster joined several route-clearance missions with combat

Webster has been putting his Soldiers first ever since he was mobilized in January 2003 from the 1079th Garrison Support Unit. His first job on Fort Dix was as the range operations officer under the Force Projection Directorate, where he was involved in the mobilization/validation of more than 15,000 Soldiers from 45 units.

decentralize the C-IED team instructors, thus allowing for easier access to their training and reducing travel time. He drafted the operations order for Operation Trojan Horse, and set up the sponsorship program between First U.S. Army and Task Force Troy in Iraq. In his spare time, he put together a

engineers and military police. His performance in Iraq earned him the Defense Meritorious Service Medal. "The way you train is the way you fight," said Webster, who stressed the importance of pre-combat checks and pre-mission briefings when in-theater. "I always tried to put my Soldiers

first," he added.

Webster has been putting his Soldiers first ever since he was mobilized in January 2003 from the 1079th Garrison Support Unit. His first job on Fort Dix was as the range operations officer under the Force Projection Directorate, where he was involved in the mobilization/validation of more than 15,000 Soldiers from 45 units. His implementation and execution of training plans increased training capacity by 56 percent, while he and the 47 personnel who worked for him managed \$2.4-million worth of ammunition without loss.

What he is most proud of, however, is his safety record. There were zero accidents or incidents as part of his range operations, and even during one of the coldest winters in Fort Dix history, there were no weather-related injuries. "We trained a phenomenal amount of Soldiers," said Webster.

Webster's next duty was as Bravo Company commander. Here he planned, coordinated and executed command and

(continued on page 4)

the mind field

King dared Americans to live up to ideals

Steve Snyder
Public Affairs Staff

I once asked a learned black friend in Germany how he accounted for the extraordinary success of the civil rights movement in the United States during the 1960s. He asked in return if I could remember any instance of blacks burning the American flag. No, I couldn't, I replied.

"That's it," he said. "Blacks never attacked America's ideals. They simply asked the country to live up to them."

That philosophy may sound simple but proved complex enough to serve as a guidepost in effecting a quantum leap in civil rights during one of America's most tumultuous eras.

The passage of the Civil Rights Act in 1964 and the Voting Rights Act of 1965 had finally rectified injustices burning within the soul of the nation and they became law only after countless marches, demonstrations, violence and denunciations.

True believer

But tactics and philosophy undergirding the actions of Dr. Martin Luther King Jr. were probably as effective as anything in unleashing fundamental change. And King believed in non-violence. He also believed in the United States Constitution, especially the Declaration of Independence which preceded it.

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain inalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed..." wrote Thomas Jefferson in the Declaration.

Dr. King agreed with that most American of propositions.

"We have waited for more than 340 years for our constitutional and God-given rights," he wrote in his letter from a Birmingham jail in 1963.

The future is now

"The nations of Asia and Africa are moving with jet-like speed towards gaining political independence, but we still creep at horse-and-buggy pace toward gaining a cup of coffee at a lunch counter. Perhaps it is easy for those who have never felt the stinging dark of segregation to say, 'Wait.' But when you have seen vicious mobs lynch your mothers and fathers at will and drown your sisters and brothers at whim; when you have seen hate-filled policemen curse, kick and even kill your black brothers and sisters; when you have when you see the vast majority of your 20 million Negro brothers smothering in an airtight cage of poverty in the midst of an affluent society..."

It was time for change. King expressed optimism for the future, again eloquently



AP/Wide World Photos

TENDING THE FLOCK — Dr. King escorts children to formerly all-white schools in Grenada, Miss. in 1966.



AP/Wide World Photos

HE HAD A DREAM — Dr. Martin Luther King Jr. prepares to deliver his famous "I Have a Dream" speech to 250,000 people during the historic March on Washington in March 1963.



www.poynter.org/column

BLOODY SUNDAY — Police dogs and high-powered fire hoses were unleashed on unarmed and non-violent protesters at Selma, Ala. on March 7, 1965, a major turning point for the civil rights movement because film footage of the police brutality against protesters aroused national outrage.



http://concise.britannica.com/ebc/art

REASONING TOGETHER — Dr. King confers with President Lyndon B. Johnson in the Oval Office in 1963. King organized and led marches for black's right to vote, desegregation, labor rights and other basic civil rights most of which were enacted into law with the passage of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. The laws were a tremendous achievement by President Johnson who was later driven from office due to discontent over the Vietnam War and frequent riots in major cities marring his administration. But King thought "The Negro's great stumbling block is not the White Citizen's Council or the Ku Klux Klanner, but the white moderate who is more devoted to 'order' than to justice... who paternalistically believes he can set the timetable for another man's freedom."

'Bayonne Bleeder' bounces back

Jersey pug cashes in on 'Rocky' film character

New Jersey has bred some powerful punchers, especially within heavyweight ranks.

"Two-ton" Tony Galento floored the great Joe Louis in a title bout back in the 1930s and Camden's Arnold Cream, better known as Jersey Joe Walcott, won the heavyweight crown with a lethal left hook before falling to a greater short right from Rocky Marciano.

And then there was Chuck Wepner.

The six-foot-four man-mountain was just a journeyman fighter but he rose to occasions like nobody since Dracula vamped across Transylvania. Known as the Bayonne Bleeder, most of Wepner's defeats can be attributed to his thin skin being sliced into severe cuts forcing many fights to be stopped.

Wepner weathered 10 rounds with the fearsome Sonny Liston before the ref stopped the carnage. 120 sutures gracing big Chuck's face after the fight. George Foreman also stopped Wepner on cuts in five rounds but not before Chuck floored him in the third.

And then Chuck lucked out, getting a crack at Muhammad Ali and flooring the champ in



wepner.homestead.com

FIGHT OF HIS LIFE — Big Chuck Wepner tees off on Muhammad Ali in their March 24, 1975, heavyweight title fight in Richfield, Ohio (a suburb of Cleveland), even flooring the champ with a right to the ribs in the ninth round, right above, before the fight was stopped in the last round with seconds remaining.

the ninth round before succumbing to an endless barrage of combinations.

The fight was stopped with just 19 seconds remaining!

Sylvester Stallone has admitted basing his "Rocky" movie character on Chuck and, befitting Wepner's celebrity status, a biography entitled *Toe To Toe With Any Foe* is soon to hit the bookstores.

Chuck, who turns 68 on Feb. 28, still lives in Bayonne. Pugilistic voyeurs wish him the happiest of birthdays. After all, he's our hero. — Steve Snyder



AP
Chuck Wepner today



www.sportsmemabilia.com

PUNCHED OUT — Ali scores a TKO in the last round with only 19 seconds before the final bell.

Dixan on the street

compiled by Steve Snyder

"Now that the wild card playoffs are over and the Eagles still alive, which two teams will make it to the finals of the Super Bowl? And who will be the new champions?"



Tech. Sgt. Billie Phillips
605th AMXS
USAF, McGuire AFB

"The Patriots and New Orleans. But the Patriots will win! They have the best coach in football. Besides, I'm from western Massachusetts."



Sharon Sharp
AAAFES
Service bureau manager

"It'll be the Eagles and New England and, since my husband is an Eagles fan, I'll go with Philadelphia."



Tim Majerik
305th CS/SCOTV
USAF, McGuire AFB

"I wanna see the Saints and Baltimore. Baltimore has been tough all season and should win. I'd like to see the Saints win, though. They're sort of an underdog."



Sgt. Devin Butler
344th CSIT

"Gimme a break, I just got back from Iraq. I would say the Bears and New England will fight it out with New England winning by a field goal."



Art Reyes
PX Foodcourt Manager

"Seattle and Indianapolis. Seattle should win because they play in the last playoff game was excellent. But I'm a Cowboys fan."



Sgt. Michael Freda
46th MP Co.

"It'll be the Bears and Baltimore with the Bears winning with their defense in a low-scoring game."



the Post

This newspaper is an authorized publication for members of the military. Contents of The Post are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or Fort Dix. It is published weekly by the Public Affairs Office, Fort Dix, AFRC-FA-PA-CI, Fort Dix, N.J. 08640-5075, (609) 562-5037. Circulation: 9,400.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser/user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

All editorial content of The Post is prepared, edited, provided and approved by the Public Affairs Office of Fort Dix. The Post is printed by The Burlington County Times, Inc., a private firm in no way connected with DA, under exclusive written contract with Fort Dix. The printer is responsible for commercial advertising.

The appearance in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army, or the Burlington County Times, Inc., of the products or services advertised. Queries on news content will be answered by the Fort Dix Public Affairs Office. For advertising call (609) 871-8087.

Visit Fort Dix on the Internet at
<http://www.dix.army.mil>

Post Commander Col. R. David McNeil
Public Affairs Officer/Editor Carol Nisbet
PA Specialist/Webmaster David Moore
PAO Automation/Admin Veverly Wakefield
PAO Media Relations Pascual J. Flores
PAO OpEd/Features Steve Snyder
PAO Admin/Staff Writer Jennifer McCarthy

Fort Dix Public Affairs Office Contract Workers
Wayne Cook, Ed Mingin, Shawn Morris, Ryan Morton

WE GUARANTEE DELIVERY of your Fort Dix Post
The delivery of your Fort Dix Post newspaper is handled by the Burlington County Times. If for some reason you are not satisfied with the service of your newspaper, please call us direct, 871-8000.

New Iraq strategy

(continued from page 1)

Bush said military commanders who have reviewed his new plan say it addresses the two principal reasons past efforts to secure Baghdad failed.

"Here are the differences," the president said. "In earlier operations, Iraqi and American forces cleared many neighborhoods of terrorists and insurgents, but when our forces moved on to other targets, the killers returned. This time, we will have the force levels we need to hold the areas that have been cleared."

Also, Bush said, political and sectarian interference during past operations prevented Iraqi and American forces from going into neighborhoods that are home to the people fueling sectarian violence.

"This time, Iraqi and American forces will have a green light to enter these neighborhoods, and Prime Minister (Nouri al-) Maliki has pledged that political or sectarian interference will not be tolerated," he said.

Ultimately, Bush said "only the Iraqis can end the sectarian violence and secure their people." But, he added, the Iraqi government has an aggressive plan to accomplish that.

The president said bumping up the U.S. troop presence now will help the Iraqis succeed. "If we increase our support at this crucial moment and help the Iraqis break the current cycle of violence, we can hasten the day our troops begin coming home," he said.

Bush said he has made it clear to Maliki that the U.S. commitment is not open-ended and that his government must step up to the plate. "If the Iraqi government does not follow through on its promises, it will lose the support of the American people, and it will lose the support of the Iraqi people," the president said. "Now is the time to act. The prime minister understands this."

Benchmarks

These benchmarks include the Iraqi government: — Taking responsibility for security in all of Iraq's provinces by November;

— Passing legislation to share oil revenues among all Iraqis, giving every Iraqi citizen a stake in the country's economy;

— Spending \$10 billion of its own money on reconstruction and infrastructure projects that create new jobs;

— Holding local provincial elections later this year to empower local leaders; and

— Reforming de-Baathification laws to allow more Iraqis to reenter political life and establish a fair process for considering amendments to Iraq's constitution.

The United States will change its approach to help the Iraqi government as it works to meet these benchmarks, the president said. It will:

— Embed more U.S. advisors in Iraqi army units and partner a coalition brigade with every Iraqi army division.

— Help the Iraqis build a larger and better-equipped army and accelerate the training of Iraqi forces;

— Give U.S. commanders and civilians greater flexibility to spend funds for economic assistance;

— Double the number of provincial reconstruction teams that help local Iraqi communities pursue reconciliation, strengthen moderates and speed the transition to self-reliance; and

— Appoint a reconstruction coordinator in Baghdad to ensure better results for economic assistance.

Bush cautioned that the new strategy won't bring an immediate end to violence.

"Our enemies in Iraq will make every effort to ensure that our television screens are filled with images of death and suffering," he said. "Yet over time, we can expect to see Iraqi troops chasing down murderers, fewer brazen acts of terror, and growing trust and cooperation from Baghdad's residents."

When that happens, Iraqis will

gain confidence in their leaders, and the government will be able to make progress in other critical areas, he said. "Most of Iraq's Sunni and Shia want to live together in peace," the president said. "And reducing the violence in Baghdad will help make reconciliation possible."

Bush emphasized that a successful strategy for Iraq goes beyond military operations.

"Ordinary Iraqi citizens must see that military operations are ac-

companied by visible improvements in their neighborhoods and communities," he said. "So America will hold the Iraqi government to the benchmarks it has announced."

As the United States makes these changes, the president said, it will continue to pursue terrorists seeking to establish a new safe haven in Iraq.

"America's men and women in uniform took away al Qaeda's safe haven in Afghanistan, and we will not allow them to re-establish it in Iraq," he said.

Part of this effort is confronting Iran and Syria, which Bush said allow terrorists and insurgents to use their territory to move in and out of Iraq, and generating support for Iraq's success among its regional neighbors.

Bush said he's confident that the new strategy will help put Iraq on the path for victory. That victory, he said, "will bring something new in the Arab world: a functioning democracy that polices its territory, upholds the rule of law, respects fundamental human liberties and answers to its people."

A democratic Iraq won't be perfect, Bush said, "but it will be a country that fights terrorists instead of harboring them, and it will help bring a future of peace and security for our children and grandchildren."

Bush said the struggle taking place in Iraq "will determine the direction of the global war on terror and our safety here at home."

"The challenge playing out across the broader Middle East is more than a military conflict," he said. "It is the decisive ideological struggle of our time."

"In the long run," he added, "the most realistic way to protect the American people is to provide a hopeful alternative to the hateful ideology of the enemy by advancing liberty across a troubled region."

Army launches troop increase

(continued from page 1)

2007, but about three days earlier than previously planned.

-- The 3rd Battalion, 43rd Air Defense Artillery Regiment, a Patriot Missile battalion, will return to the Persian Gulf region in February.

Additionally, the following units have been placed on de-

ployment orders and the Army will continue to focus manning, training and equipping these units for full spectrum operations in Iraq.

-- The 3rd Brigade, 3rd Infantry Division, based at Fort Benning, Ga., will deploy in March.

-- The 4th Stryker Brigade, 2nd Infantry Division, based at

Fort Lewis, Wash., will deploy in April.

-- The 2nd Brigade, 3rd Infantry Division, based at Fort Stewart, Ga., will deploy in May.

Other Army combat-support and combat-service-support units will be deployed or extended in Iraq, as necessary, to support this increase. Those units will be identified at a later date following

further mission analysis.

The Army leadership recognizes the hardships and personal sacrifices of Soldiers in the All-Volunteer Army as well as by their families, particularly those who have been extended past planned redeployment dates. Every effort will be made by Army leaders at all levels to support the needs of Soldiers and Family Members that may arise in the face of war's changing requirements. Even with these directed force adjustments, the Army will continue aggressive efforts to lessen the strain on forces.

America recognizes its military accomplishments come from versatile, young Americans who answer the "Call to Duty." Our Soldiers are tough, battle-hardened, and proud to do their duty. They continue to perform magnificently around the world and truly appreciate the continued support of the American public.

For more information on the units announced today or other units involved in this rotation, please contact Army Public Affairs at (703) 692-2000.

Devil Chapter offers awards

The Jersey Devil Chapter of the American Society of Military Comptrollers is offering scholarships to outstanding high school seniors who wish to pursue a college degree in financial management.

To be considered for the award, students must be a graduating high school senior in the final half of his/her school year or a high school graduate within the last six months of the application deadline. The applicant must also be entering a field of study directly related to financial/resource management, i.e., business administration, economics, public administration, computer science, accounting, or finance.

Applicants must have two letters of recommendation from his/her high school principal and high school teacher.

Scholastic achievements, leadership abilities, extracurricular activities, career and academic goals and financial need are also taken into consideration and must be documented and accompany the letters of recommendation.

The deadline for submission is March 2.

For further information call Neen Raspa at 562-5432

United Communities Housing Information

Leasing Office- 723-4290
Maintenance Office- 724-0500
Maintenance Scheduling, Progress, and
Trash Concerns - 724-0550

Unaccompanied Military members are
NOW WELCOME.

Furnished homes ARE available.
Entitlement buy-ups are available.
Call the leasing office for details.

We would like to thank everyone who participated in celebrating the holiday season with United Communities. The Holiday Decorating Contest was a success. Without everyone's participation we would not be able to hold such events. We encourage everyone to keep an eye open for future yard beautification contests.

We would like to congratulate the winners of the Holiday Decorating Contest!

**First Prize: The Pabst Family
4228H East Castle Drive**

**Second Prize: The Baber Family
1210A Ash St.**

**Third Prize: The Phillips Family
3906B South Bolling Blvd.**

Webster salutes Army career

(continued from page 1)
control of all units and individuals demobilizing/redeploying through Fort Dix. This included investigating and processing all legal matters for his Soldiers and being responsible for the professional development, health, welfare, morale, safety, and discipline of all troops assigned to his company.

His accomplishments at Bravo included developing a new SOP, processing more than 6,000 returning Soldiers in less than six months, and improving the Freedom Flight program that brings troops home from theater. He also wrote the Performance Work Statements for the new contract positions in his company.

Webster's third and final assignment at Fort Dix before his deployment was as commander of Charlie Company, the largest Medical Retention Processing Unit (MRPU) in the nation. Here he was responsible for anywhere from 150 to nearly 500 injured Soldiers, making sure their medical needs were met on a daily basis.

His accomplishments include reducing IG complaints and Congressional actions by nearly 75 percent, and having Charlie Company recognized as one of the top two MRPLs in the nation after a visit by the Office of the Assistant Secretary of the Army for Manpower and Reserve Affairs and the Office of the Surgeon General inspection team.

For three-and-a-half years, Webster made consistent contributions to Fort Dix that went above and beyond the call of duty.

"I'm very grateful to Col. (David) McNeil to be a key player on this installation," Webster said of the post commander. "I always had a big piece of the pie."

"I was very lucky because I had good mentors to follow," he added, citing McNeil as a role model he tries to emulate.

"Many directorates helped make me successful," he continued, adding that he'd like to thank several Soldiers, including Master Sgt. Brian Sheridan, Blair Templeman and Terrance Harris, his former "Range Dogs," Master Sgt. Anthony Corcia, former Bravo Company first sergeant, Sgt. Maj. James Clark, former



Charlie Company first sergeant, and 1st Sgt. John Humphreys, current Charlie Company first sergeant.

"I'm very grateful to Col. David McNeil to be a key player on this installation. Many directorates helped make me successful. I was very lucky because I had good mentors to follow."

Maj. Peter Webster
MRB

"They helped me to be successful," Webster said. "I couldn't have done it without them."

Upon returning from Iraq, Webster took over as S-3 for the

Mobilization Readiness Battalion. It appears this chapter of his military life will be as last, as Webster has decided to retire from the Army after nearly 24 years of service and return to civilian life as a senior human-resources manager with Alcoa Aluminum.

"I always put the Army before my family," said Webster, who looks forward to spending more time with his son Pierson and wife Marie. "She's excited to have me back."

"It was a great career," said Webster, who began his life with the Army in 1983 at Fort Knox as an M-1 tank platoon sergeant, and spent his first 12 years in the Army as an active-duty Soldier.

"I'll definitely miss it," Webster admitted.

HARD-CHARGER — Maj. Peter Webster, near left, leads employers through the Military Operations on Urbanized Terrain site during Bosslift, an event organized to familiarized civilian employers with what their military employees experience. During deployment to Iraq, Webster, below right, and Sgt. 1st Class John Horan, a trainer with the 78th Division, below left, are visited by Col. Ira Kronenberg, installation chaplain. "He turned out to be an outstanding field Soldier," said Webster of Horan. "He is the model of the NCO Corps." Webster and Horan were battle buddies during Webster's deployment to Iraq from July 27 to Nov. 19, 2006. Horan earned his Combat Action Badge when his humvee was hit by an RPG. "He's a Soldiers' Soldier," Webster added. "In my mind, he's a hero."



Medical section open for business at renovated JRC

The medical section of the Joint Readiness Center (JRC) is back in operation. The Walston Army Medical Support Element (WMSE) has moved its medical mobilization/demobilization operations into the newly renovated JRC at Bldg. 5631 Baltimore Ave.

This seamless operational relocation was completed Jan. 7. In all, there were 10 sections moved.

The other WMSE departments still located within the Walston Building are the Troop Medical Clinic (TMC), Case Management and Case Management (Pending), and Pharmacy.

The TMC is currently scheduled to move on January 13-14 to its new location in the Air Force Clinic on McGuire Air Force Base. The Pharmacy and Case Management (Pending) are scheduled to move tentatively at the end of January next to the JRC in Bldg. 5633 Baltimore Ave. And Case Management is scheduled to move tentatively in late February or early March to Bldg. 5613 Doughboy Loop.

In keeping with customer-focused operations, the medical transportation shuttle which transports between the JRC and the 505th MDG will continue to operate every half hour.

Read The Post!

Are you ready for a disaster?

What's in YOUR closet?!

Supply Closet Suggestions
7 Day Supply Recommended

Canned meats, fruits and vegetables	Batteries
High-energy foods: nuts, raisins, granola	Matches in a waterproof container
Infant/baby food and supplies	Candles and charcoal
Pet food	Toilet paper, towels/linens
Non-perishable food	Soap/detergent, disinfectant/bleach
Over-the-counter medications	Personal hygiene items
Garbage bags	Paper cups/plates, and plastic utensils
Water (at least a gallon per person daily)	First aid kit, hand sanitizer
Manual can opener	Plastic storage containers

Other important items: flashlight, battery-operated radio, extra clothing, blankets, prescriptions, money (paper and coins), eyeglasses, and important documents.

Be Prepared...Save Money!
Pantry loading at your commissary is a GOOD idea!

This list of items may not be all you need. For more on disaster preparedness:
www.ready.gov/amica www.pandemicflu.gov www.redcross.org

www.commissaries.com

NEIGHBORHOOD

THE CORNER

Fashion Show auditions coming to Dix

Auditions for models and entertainers for the African American Cultural Awareness Association Fundraiser Fashion Show will be held in Bldg. 5165 Maryland Avenue Jan. 22-24 at 5 p.m. Call 754-4371 for more information.

Newcomers Orientation coming to ACS

Army Community Service will host its Community Newcomers Orientation Jan. 18 in Bldg. 5201 Maryland Avenue from 9 a.m. to 2 p.m. The orientation will include free child care, free lunch at Club Dix, and a tour of the post and McGuire Air Force Base. For more information, call 562-2767.

Pemberton School Board announces meeting

The Pemberton Township Board of Education will hold the public session of its board meeting on Jan. 18 and Jan. 25 at 7 p.m. in the Pemberton High School Auditorium. For more information call 893-8141.

Resume writing workshop offered by ACS

Army Community Service in partnership with Burlington County College will host a free resume writing workshop Jan. 23 from 11:30 a.m. to 12:30 p.m. at the Public Affairs Conference Room, 5165 Maryland Ave.

To register call 562-2186 or email, porfirio.rodriguez-martell@dix.army.mil.

Academy looking for OPFOR Soldiers

The Fort Dix NCO Academy is looking for units that want to provide OPFOR (Opposing Force) personnel for the academy's Warrior Leader Course Situational Training Exercise (STX).

The duty would be for 2 to 3 days during the course cycle each month. The academy is looking for team-to-squad-size elements that would like to hone their infantry skills and provide better training for the Army's future leaders.

Soldiers should be in status such as RST, RSTILRSBA, AGR or Mobilized. For information regarding the duty dates and equipment requirements, call Sgt. 1st Class Smith, Sgt. 1st Class Roach, Sgt. 1st Class Fierro, or Sgt. 1st Class Crutchfield at 562-6136.

ESGR nominations open now open

The National Committee for Employer Support of the Guard and Reserve (ESGR), in conjunction with the Secretary of Defense, announced nominations will be accepted at the ESGR Web site for the 2007 Secretary of Defense Employer Support Freedom Awards.

The nomination process opened Jan. 8 and will conclude on Feb. 28. To nominate their employers, National Guardsmen, Reservists, or their family members should visit the ESGR Web site at www.esgr.mil and complete the 2007 Freedom Award nomination form.

More information about ESGR Employer Outreach Programs are available at the ESGR Web site, www.esgr.mil, or by calling the National Committee Office at (800) 336-4590.

Club Dix revises cafe, lounge hours

The Java Cafe at Club Dix has revised its hours. It is now open Monday through Friday from 7 a.m. to 1:30 p.m. and closed Saturday and Sunday. Revolutions Lounge will now operate Wednesday through Sunday from 6 to 10 p.m. The Computer Lounge is unaffected by these changes.

Soldiers learn to be Moneywise

WASHINGTON, D.C. - Kelvin Boston, host of the award-winning PBS financial literacy series Moneywise is the keynote speaker for a free day-long event at New Jersey's Fort Dix on Wednesday, January 31.

This is the second of five events presented through a unique collaboration with the Department of Defense, the Corporation for Public Broadcasting, local PBS stations and the PBS series Moneywise with Kelvin Boston.

These events build bridges between local PBS stations and local military installations by meeting a need of mounting national importance: increasing basic financial literacy and life skills.

The Department of Defense has identified financial literacy as a core requirement for national defense. "Financial readiness equals mission readiness," says Barbara Thompson, the DOD's Director

of the Office of Family Policy and Children and Youth. As the only national PBS television series that regularly addresses the financial educational needs of middle and lower income Americans, Moneywise with Kelvin Boston is well-positioned to play a critical role in leading this outreach initiative.

This free event is presented with NJN Public Television and Radio and will be held from 9am until 2pm in Fort Dix's spacious Timmermann Conference Center.

branches of uniformed personnel throughout the New Jersey, Pennsylvania, Delaware region, primarily for enlistees through junior officers, their families and other base staff working directly with the military.

In addition to a live presentation by Kelvin Boston based on his public television special, "Who's Afraid To Be A Millionaire?" nationally recognized financial advisors and regular guests from the Moneywise PBS series will share their expertise.

Attendees will have the opportunity to gather resource material and meet with dozens of exhibitors. Panel discussions on Credit Reporting, Bankruptcy,

Credit Counseling, Fraudulent and Predatory Lending as well as Personal Financial Plans, Saving & Investing, Home Ownership and Retirement will include active and lively audience participation.

This and future Moneywise in the Military events on installations in California, Texas, and Missouri are produced by TEAM Creations, a Washington-based television production and communications company and Boston Media and are made possible through the generous support of the Corporation for Public Broadcasting, the Federal Deposit Insurance Corporation, and the Investment Company Institute.

NJN Public Television and Radio is proud to be the PBS partner station for Moneywise in the Military in New Jersey. For further information and pre-registration call 1-800-877-2380.

Dix police help kids have G.R.E.A.T time

Jennifer McCarthy
Public Affairs Staff

For six weeks fifth graders at the Newcomb Elementary School in Pemberton have been having a great day.

That is because Fort Dix Department of Defense (DoD) Police officers have joined with the Pemberton Police Force to deliver a special program, G.R.E.A.T., to the Pemberton schools.

G.R.E.A.T. stands for Gang Related Education and Training.

The program, similar to the popular D.A.R.E. program, uses workbook activities and role playing exercises to help kids develop a sense of self and community which could play a role in preventing future destructive behavior such as bullying and gang participation.

Studies have shown that children who have aggressive behavior in the elementary school years are more likely to display antisocial and violent behavior as adolescents and young adults.

The course focuses on using real-life situations to help kids realize the importance even small activities such as helping a family member or neighbor wash a car can have on the community.

"I feel proud acting like a G.R.E.A.T. citizen," said one of the students about how they feel when they use the skills taught in the class.

"We are teaching them life skills, things they can use well into adulthood," said Sergeant Paul Imhof, one of three DoD police officers who taught the course.

A member of the Pemberton Police also taught the course.

"The bottom line is that if you reach out to one kid, the program works," said Imhof. "The kids love it, they are very enthusiastic about it," he continued.

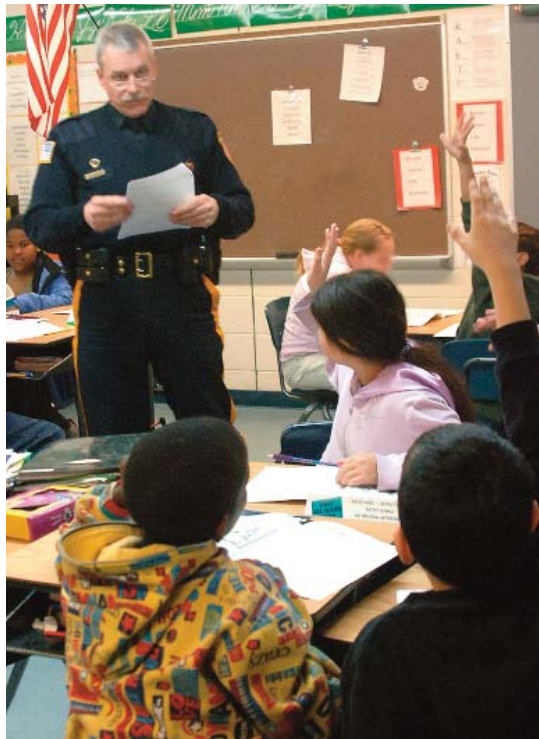
This is the first year for the program in the Pemberton School system. Imhof hopes it will continue and grow to include the junior high curriculum.

The G.R.E.A.T. program began in 1991 through a combined effort of the U.S. Bureau of Alcohol, Tobacco, Firearms and Explosives and the Phoenix Police Department. Two years later it expanded nationwide.

According to the G.R.E.A.T. website, more than 4 million children have graduate from the program.

HANDS UP - Fifth grade students at the Newcomb School in Pemberton raise their hands to answer questions from Department of Defense Police sergeant Paul Imhof. The children participated in the G.R.E.A.T. program aimed at keeping kids away from gang activity.

Jennifer McCarthy



Rescued victim's search for hero ends at Dix

Wayne Cook
Public Affairs Staff

Firefighter Brice 'Butch' Demuro, Fort Dix Fire Department, Station Two, was recently reunited with a woman he had pulled from a burning car just more than a year ago. To get a full appreciation of the recent event, one must first look back over the circumstances that first brought these two individuals together.

On Jan. 1, 2006, Demuro and his wife were returning to their home in Bucks County, Pa., after a day at the shore. As they were traveling on Interstate 95 north of Philadelphia by State Road, he spotted an overturned vehicle off the side of the road. He pulled over and ran to see if he could lend any assistance.

Another passerby, Jorge Baez of Bensalem, Pa., had also stopped and was attempting to render assistance. Together they discovered that there was a woman inside the vehicle who was unconscious and had ended up in a precarious position which made extricating her difficult.

The fire department and rescue ambulance had not yet arrived on the scene while Demuro and Baez were assessing the situation inside the vehicle. A fire ignited in the engine compartment and they knew they had to get her out immediately. Stabilizing her neck and back as best they could, the two men pulled the victim to safety outside the vehicle just as the entire car was engulfed in flames.

When the ambulance arrived and Demuro knew that the victim was in good care, he rejoined his wife and headed for home. He did not know the woman's name, so he did not know how to check up on her as all per-



Wayne Cook

ACTION HERO - Firefighter Brice 'Butch' Demuro, Fort Dix Fire Department, Station Two, was recently reunited with a woman he had pulled from a burning vehicle on New Year's Day of 2006. He is heralded as a hero for his actions that day.

sional data are safe-guarded in the medical system.

Flash forward to the Friday before this New Year. Demuro received a call from his son who stated that he had been listening to a radio station and heard a woman who was searching for her rescuer. After she

told her story, Demuro's son called the radio station and identified his father as the rescuer. Shortly afterwards, Demuro received a call from the station.

They wanted to set up a meeting immediately to reunite Demuro and the woman, but Demuro happened to be at work on Fort Dix at the time and couldn't get free.

The radio station ran the story again on New Year's Day as a sort of anniversary piece. Demuro received a phone call from NBC10 News in Philadelphia and a meeting was set up for Demuro to finally meet the woman he had saved that day one year earlier.

At the appointed time, Demuro went over to Bensalem, Pa., and met with Peggy Dimino. They spent time going over the accident and the events of that fateful day.

Dimino told Demuro that she had been in a drug-induced coma for four months due to the extent of her internal injuries. She said the one thing she did not have was one burn mark on her body and she attributes that to the quick actions on the part of Demuro and Baez. The two have become fast friends and have remained in contact since.

Demuro doesn't see himself as a hero. "I just saw an accident and responded the way I was trained. I do this for a living," he said.

That may be true, but to Dimino and anyone else who he and other firefighters have helped throughout the years, he is a special breed - someone who will put his own life and safety on the line to help others without question. He is a true hero.

MILITARY MATTERS

Bullets

Army's top general moves to lessen strain on troops

●WASHINGTON -- The Army's top general said he wants to grow the active component and gain better access to the Army Reserve and National Guard, which together make up 55 percent of the total Army.

"As it currently stands, the Army is incapable of generating and sustaining the required forces to wage the global war on terror and fulfill all other operational requirements without its components - active, Guard and Reserve - surging together," Gen. Peter J. Schoomaker told a Guard and Reserve Advisory Panel.

Active brigade combat teams are spending less than a year at home before redeploying. "At this pace, without recurrent access to the reserve components, through remobilization, we will break the active component," he said.

Because almost all reserve-component units have deployed in support of the war on terror and DoD policy requires that reserve-component forces have five years between deployments, the Army has come to rely on individual volunteers from the Army Reserve and National Guard - a fact that Schoomaker believes runs counter to the military's goal of forming and training cohesive units.

"Current policies restrict our ability to remobilize reserve-component units, and, in my view, the current policies are more restrictive than need be under the law and hamper our ability to remobilize the best trained, best led and best equipped units," he said.

The belief that we are closer to the end than the beginning of what the general called "the long war" may lead some to think the current demand for forces will soon lessen.

"However, the situation in the Middle East and rest of the world leads me to conclude we are on a dangerous path that dictates we must increase our strategic depth, increase readiness and reduce our strategic risk," Schoomaker said.

Without giving an exact number, the general said the Army could optimistically add another 6,000 to 7,000 Soldiers a year. This would take a significant amount of time and increase the equipment-investment strategy, he added.

The Army has undergone its biggest reorganization since World War II in the last five years, through modular conversion, rebalancing of the current structure and Army Force Generation.

Soldier Show seeks musicians for six-month tour in 2007

●ALEXANDRIA, Jan. 5, 2006 - The U.S. Army Soldier Show seeks musicians for its 2007 tour.

Soldiers who play the guitar, bass, keyboard or drums have until Jan. 18 to apply for an audition. Those selected to be cast in the show must be released by their commander for a six-month tour of entertaining troops and their families.

Application packets must include a copy of enlisted records brief or officer records brief, a copy of the most recent noncommissioned officer evaluation, a copy of the most recent Army Physical Fitness Training, including height and weight, most recent Department of Army photo, a resume of relevant experience with a phone number and e-mail address, an audition video, and a commander's letter of intent to release.

Audition videos must include a recording of a solo performance, which can be supplemented with a recording of an ensemble or band.

Application packets mailed from a U.S. Post Office mailbox or facility should be sent to: United States Army Soldier Show, Attn: 2006 Selection Committee, P.O. Box 439, Fort Belvoir, VA 22060. Via other carriers: United States Army Soldier Show, Attn: 2006 Selection Committee, 6091 Sharon Lane, Bldg. 1434, Fort Belvoir, VA 22060.

E-mail Victor.Hurtado@cfsc.army.mil for more information.

Physical therapy hits front lines

Spec. Joshua R. Ford
82nd Airborne Division

COB SPEICHER, Army News Service, Jan. 3, 2007 - Day in and day out, troops patrol the streets and countryside of Iraq for hours at a time; many carrying up to 100 pounds of gear. This excessive wear on the troops may lead to back or other injuries later in life.

Fortunately, physical therapy teams are now permanent and internal to each brigade combat team in the Army.

Capt. Andrew Contreras, brigade physical therapist, and Staff Sgt. Melinda Sanders, physical therapy noncommissioned officer, both with Company C, 82nd Brigade Support Battalion, 3rd BCT, 82nd Airborne Division, make up the first brigade physical therapy team in the 82nd Abn. Div.

The two keep busy from constant travel to and from outlying forward operating bases throughout the 3rd Brigade Combat Team's area of operation in Salah ad Din Province.

Contreras and Sanders have treated over 1,500 patients - not including the Iraqis they have treated - since they first deployed in August.

"It is a lot easier for us to move around than it is to move people to see me," said Contreras. "So rather than me sit on Speicher, it's



MORE PT -- Capt. Andrew Contreras, physical therapist, 82nd Airborne Division, left, treats the ankle of Spec. Patrick Wagner, 3rd Brigade Combat Team, at Contingency Operations Base Speicher.

Spec. Joshua R. Ford

easier to jump on a convoy or catch a flight."

The team spends around 20 days a month traveling to provide relief to their patients by cracking necks, adjusting backs and putting bodies back into alignment. The treatment allows patients to function in spite of the uncomfortable gear, according to the physical therapy team.

Since the team has been reaching out to paratroopers, complaints about the body armor have been minimal, said Maj. Christian Meko, brigade surgeon for the 3rd BCT, 82nd Abn. Div.

"The most common injuries we see are back problems because of all the equipment we're wearing, the amount of time people are working, and the guys' living conditions (sleeping on cots)," said Contreras.

Other common injuries include ankle and knee problems caused by walking or running on uneven terrain and mounting and dismounting vehicles, and conducting night operations where vision is limited, according to the team.

So far, the physical therapy duo has treated ten to fifteen para-

troopers who suffered from small-arms wounds and has kept them all in-country; whereas before, they would have to go miles away to Germany for treatment.

The Army's traveling physical therapy teams have been a fantastic addition to the brigades, said Meko. When paratroopers are injured, the medical team has been able to get them back to the fight a lot quicker.

"A lot of guys have been able to be treated here instead of having to be sent home, keeping combat strength in the battalions higher," said Meko.

Dix to host job fair for wounded troops

Shawn Morris
Public Affairs Staff

As the Army's premier power generation platform, Fort Dix boasts a distinguished record of mobilizing and demobilizing Soldiers.

But taking care of troops doesn't end with an out-briefing. Soldiers returning from deployment are still the military's responsibility. This is especially true for those who return to civilian life with temporary - or permanent - wounds.

For these special service members, Fort Dix will host a Hiring Heroes job fair Feb. 27 and 28. The two-day event will be held at Club Dix and offer wounded service members and their spouses a chance to fine tune their resumes on day one, and then apply for jobs with approximately 30 employers on the second day.

"We want to bring this to Fort Dix to support our Soldiers here," explained Sgt. Maj. James Clark, Hiring Heroes liaison and former first sergeant for Charlie Company, the post's medical holdover unit.

The Hiring Heroes program has previously held similar events at Walter Reed Army Medical Center, Fort Sam Houston, Fort Bragg and Fort Gordon. The Fort Dix Hiring Heroes event could prove to be the largest to date, with more than 300 service members expected to attend, including more than 100 from Charlie Company and another couple hundred made up of New Jersey, New York and Pennsylvania Soldiers participating in the Army's Community Based Health Care

Organization program.

A job fair committee has been formed here to plan and coordinate the event. The committee consists of current and former Charlie Company medical holdover Soldiers, including Clark, Sgt. 1st Class Arturo Dulla, Sgt. 1st Class Rhonda Robinson-Hill, Sgt. 1st Class Lorraine Anim, Staff Sgt. Garcia, Staff Sgt. Edward Bridges, Sgt. Deborah Simon, Sgt. David Day, and Sgt. Stella Okigbo.

Current Charlie Company Soldiers are also planning a mass mailing to approximately 2,500 former Charlie troops to alert them of the opportunity Hiring Heroes presents.

"I really appreciate the Hiring Heroes program because it gives

you the opportunity to transition back to civilian life," said Robinson-Hill.

"A lot of Soldiers feel as if they don't have any hope," said Day. "This is what these Soldiers need. They need to know we're going to take care of them."

"Supporting the troops is a life-long process," said Okigbo. "When they come back, that is exactly when the support is most important."

"I think this is the best care package you can ever give a Soldier when they come back from war," she added.

Soldiers may be able to attend the event on orders, and billeting may be provided on post. For those who stay in area hotels, a shuttle service to the event will be provided.

For more information about the Hiring Heroes event at Fort Dix, check future editions of The Post.

Fort Dix will host a Hiring Heroes job fair Feb. 27 and 28 at Club Dix for wounded service members and their spouses.

AAFES employees make life easier for mobilizing Soldiers

1st Lt. Antonia Greene
72nd Field Artillery Brigade (TS)

The Soldiers at Camp Victory (formerly know as Forward Operating Base Tiger) rely on two special people to provide additional support and morale boosting while they are in the field. They are employees of the Army Air Force Exchange Service (AAFES) and run the AAFES trailer at the camp.

Linda Beahm is a retired AAFES manager who returned to duty in December 2004 to run the trailer for the Soldiers. She has been the main worker since the trailer was established, but has had help from recent hire Mary Foster. Both women are from Browns Mills and have dedicated themselves to providing for the needs of the Soldiers.

Approximately 90 percent of the inhabitants of Camp Victory visit the trailer each week. The women have made it their goal to know as many names as possible. They take time to speak with those who visit and shop in the facility. They have kept in contact with some of the Soldiers who have deployed via e-mail or written letters.

The 'FOB Ladies,' as the Soldiers like to call them, report each day at 3 p.m. to stock the shelves before opening the doors at 5 p.m. The trailer operates seven-days-a-week, and is open 5 until 8:30 p.m., every night. Soldiers start forming a line at 4:20 p.m. and enter the trailer according to the battle-buddy system, three at a time.

They have a variety of items to choose from — there is an array of uniform items, personal hygiene products, and snacks ranging from jerky and protein bars to candy bars and heat-up sandwiches. Beahm even brought in her own microwave so the Soldiers could heat up their items, if needed. Drinks and cigarettes are the more popular items.

Beahm and Foster take special requests, at times, and bring out requested items from the post exchange.

The trailer is run like a small country store where everyone knows everyone. The atmosphere is very personable, thanks to the two women. They decorated the trailer for the holidays and even brought out fresh pumpkin pies and chocolate chip cookies and put them on the counter for the Soldiers to enjoy.

"The guys always tell us how much they appreciate our services out here, and likewise, we tell them how grateful we are for their service to our country," said Beahm.

The 'FOB Ladies' are not the only AAFES employee to hit the limelight recently.

A two-year employee and mother of four recently volunteered to serve a tour of duty in the Middle East. Fort Dix Food Service Worker Vickie Trout volunteered to serve Soldiers overseas during the holidays and for the next six months.

"I want to help our troops and get more out of my life," said Trout, according to an AAFES news release.

Currently, there are more than 450 volunteer AAFES associates deployed in support of Operations Enduring and Iraqi Freedom.

To date, 1,800 AAFES civilians have been provided to provide comfort items and necessities in combat and contingency locations. Service members depend on the PX/BX facilities these associates support for day-to-day health and comfort items such as soap, shampoo, toothpaste, snacks, beverages, and entertainment items.

Roughly 70 percent of AAFES earnings are paid to MWR programs. In the past 10 years, \$2.4 billion has been contributed to military MWR programs to spend on quality-of-life improvements, including Youth Services, Armed Forces Recreation Centers, arts and crafts, aquatic centers, post functions and golf courses.

Vietnam vets say thanks to today's wounded warriors

Wayne Cook
Public Affairs Staff

Vietnam Veterans of America (VVA), West Central District, Chapter NJ 899, has been providing support for Soldiers mobilizing through Fort Dix for more than two years. According to chapter president Michael Engi, he didn't want any Soldiers having to feel the way his generation did when they came back from their tours in Vietnam.

The organization's motto is, 'Veterans Helping Veterans and Their Families.' Chapter 899's motto is, 'Never again shall one generation of Veterans abandon another.'

"The reason I started coming out here in the first place was for the Welcome Home ceremonies.

The members of our chapter get just as much out of the ceremonies as the Soldiers do. By giving to the Soldiers, we receive what we didn't get when we came back home from Vietnam," said Engi.

"We can relate to what these Soldiers are going through. A lot of tears and hugs get shared. Both sides really appreciate the visits with each other," he added.

Besides the Welcome Home ceremonies, the chapter sends members to the air terminal on McGuire Air Force Base every time a unit is preparing to leave for the overseas arena. The VVA representatives pass out book-marks to the departing Soldiers. The bookmarks have a personal promise written on them that lets the Soldiers know that members of the VVA will be there to welcome them when they come home. The reverse side has different Web sites for service organizations that can help with the transition back to the civilian or demobilized life.

The representatives also spend time with family members and young Soldiers, providing encouragement and support at the terminal.

On Monday evenings, members from the VVA join the Soldiers at Charlie Company for a time of hanging out and providing support to the Soldiers in the medical holdover unit. The VVA supplies meals and snacks for the evenings, and the two groups spend the time watching television, shooting pool, playing cards



Wayne Cook

Members of Vietnam Veterans of America, Chapter NJ 899, spend time hanging out with Soldiers of Charlie Company every Monday night. Here some of the members enjoy a game of cards with the Soldiers, while others take in a football game on the television. The members of the VVA provide meals and snacks for the Soldiers during these get-togethers.

and games, or just visiting with each other. The visits actually go a long way to showing the Soldiers that someone other than their unit really cares about them.

Once a month, the Soldiers of Charlie Company are treated to a free breakfast at the VVA's meeting location in Bordentown, where members of the VVA and their Associates prepare a beautiful feast for them.

Although the VVA is an organization formed to support veterans from the Vietnam War, it has also taken on the auspices of standing by the side of all who have served, especially those serving today. To be a member, one must be a veteran who served in Vietnam during the war. Other Vietnam-era veterans and all others with a heart to support the military from both past and present may join the VVA Associates.

These individuals work side-by-side with VVA members in almost all functions and help to support the parent organization as well.

"It is interesting to interact with the Soldiers. It is very valuable in that though our service times are spread apart by about 30 or 40 years, our experiences are very similar. It is a good feeling being here and helping out the Soldiers," said retired Air Force Master Sgt. Walt Padwonski.

"Fort Dix has always made us feel like we're at home and part of the team. We are treated with simple respect by the Soldiers here," said Engi.

Master Sgt. Joseph Colon, operations/platoon sergeant, Bravo Company, met Engi and other members of the VVA back in December 2005.

"These guys are great. They

are very helpful. They meet the Freedom Flights when they come back. They come over and socialize with Soldiers. Its great," said Colon.

"They are nice guys to be around. They are willing to put aside their bad experiences to come out and show these Soldiers that someone cares — they really do," said Sgt. 1st Class Ernest Adkins, Charlie Company.

The VVA has built long-lasting relationships with many people on the post, including Maj. Peter Webster, S3, Mobilization Readiness Battalion, who Engi had first met when Webster was the commander of Bravo Company.

Webster took the VVA chapter's guidon to Iraq with him and just returned it to the organization upon his return.

The involvement in supporting the troops on Fort Dix has not gone unnoticed, as the organization has been invited to many installation functions, including the Veterans Day Retreat Ceremony and the Installation Dining-In.

The chapter is continually looking for those who would like to join in supporting veterans and the Soldiers of today. Anyone interested can research more information at the local chapter's Web site — www.vva899.org.

"The reason I started coming out here in the first place was for the Welcome Home ceremonies. The members of our chapter get just as much out of the ceremonies as the Soldiers do. By giving to the Soldiers, we receive what we didn't get when we came back home from Vietnam."

Michael Engi
president, Chapter 899
Vietnam Veterans of America

Commissary customers ring up sales, savings

Bonnie Powell
Defense Commissary Agency

FORT LEE, Va. — Commissary customers are ringing in the New Year with record-breaking savings. As a result they should be "resolving" to shop their local commissary more often.

"I'm proud to announce that average customer savings for a family of four have risen to nearly \$3,000 annually," said Defense Commissary Agency Director and CEO Patrick Nixon. "As an agency, we always deliver the message that our savings are an 'average of 30 percent or more' worldwide, but savings have actually been holding steady at about 32 percent for several years now," he added.

DeCA has not revised its savings messages for over a year, but using current United States Department of Agriculture figures for retail grocery food purchases consumed at home, a family of four shopping at the commissary on a regular basis can now save \$2,957 annually on groceries. The figure formerly used was \$2,700.

"Considering the rising cost of food, our buyers and the manufacturers and vendors that sell

groceries in the commissary system have done a great job in maintaining outstanding customer savings over commercial grocery stores," said Nixon. "It all adds up to savings that can be used by military families to meet the rising costs of college, vacations, new cars — or even gas for their cars."

Under the latest calculations, couples can save \$1,885, and singles can save \$1,029 by shopping regularly at their commissary.

DeCA's average savings calculations are based on an annual price comparison study. This study compares commissary prices on approximately 30,000 items with those of local supermarkets, major grocery store chains and supercenters.

The study also takes into account state taxes and the 5 percent commissary surcharge, which goes to renovate commissaries and build new ones.

Figures for fresh meat and produce, as well as data for locations outside the contiguous United States, are obtained through random sampling. Weighting techniques take into account such factors as cost of living in a variety of areas and regions. These techniques also

account for customer buying habits.

The commissary benefit also offers an efficient return on investment for the American taxpayer.

"The commissary benefit has always been recognized as one of the military's most valued benefits," said Nixon.

"When you take customer savings into account, commissaries deliver more than two dollars in benefit to military customers for

every tax dollar expended to support the system, and we're extremely proud of that accomplishment," she continued.

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.

Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of

building new commissaries and modernizing existing ones.

Shoppers save an average of 30 percent or more on their purchases compared to commercial prices — savings worth nearly \$3,000 annually for a family of four.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of

life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

WWW.DIX.ARMY.MIL

New and improved to better serve

YOU

Log on today

Read
The Post!

Announcements



Movie Schedule
at the McGuire AFB Theatre
Movie Hotline 754-5139

Friday, Jan. 12 @ 7:30 p.m.
Casino Royale - Daniel Craig, Judi Dench- After receiving a license to kill, British Secret Service agent James Bond leads to Madagascar, where he uncovers a link to Le Chiffre, a man who finances terrorist organizations. Learning that Le Chiffre plans to raise money in a high-stakes poker game, M6 sends Bond to play against him, gambling that his newest "00" operative will topple the man's organization. Based on Ian Fleming's novel, **MPAA Rating: PG-13** for intense sequences of violent action, a scene of torture, sexual content and nudity. *Run Time: 144 minutes.*

Saturday, Jan. 13 @ 7:30 p.m.
Unaccompanied Minors - Wilmer Valderrama, Dyllan Christopher- It's Christmas Eve and five kids have just been snowed in at the airport - and there isn't a parent in sight. Unaccompanied Minors follows awkward Spencer, rich-girl Grace, tomboy Donna, geeky Charlie and bashful Beef as they try to outwit a disgruntled airport official and reunite with their families. Using "borrowed" golf-carts, a canoe on a snow hill and the help of a reluctant flight attendant, these kids are about to prove the holidays aren't about where you are, but who you're with. **MPAA Rating: PG** for mild rude humor and language. *Run Time: 89 minutes.*

Future Features...

Blood Diamonds
Friday, January 19 @ 7:30 p.m.
R, 138 min.

Eragon
Saturday, January 20 @ 7:30 p.m.
PG, 103 min.

Main Chapel

562-2020
Sunday Services
Protestant at 9 a.m.
Catholic Mass: 10:15 a.m. Gospel at 11:30 a.m.
Catholic CCBs held at 9:15 a.m.
Protestant-Gospel Sunday School at 10:00 a.m.

Religious Services

Islamic Prayer room
open 7 a.m. to 4:30 p.m. Monday through Friday - Room 24
Adult Bible Study
Wednesdays at noon and 7 p.m.
Catholic Adult Bible Study Wednesdays at 11:30 a.m.
Christian Women of the Chapel
hold Bible Study Tuesdays, 9:30 a.m. to noon
Jewish Services
Contact the Chapel for dates and

Organizations

Resume Writing Workshop
Army Community Services in partnership with the Burlington County College Job Placement Office will be hosting a free Resume Writing Workshop on Jan. 23 from 11:30 a.m. to 12:30 p.m., at the Public Affairs Office conference room, 5165 Maryland Ave.. To register for the workshop or for more information call Rod Martell at 562-2186.

Black History committee
The Fort Dix Black History Observance Committee needs volunteers. If you are interested in serving on the Black History Observance Committee, please call Fay Marshall-Dease at 562-2666.

Qualified teachers needed
Experienced, qualified teachers are needed to teach youth classes in ballet/dance, tumbling/kinder gym and Spanish. For more information call Ft. Dix Child and Youth Services at 562-2242.

305 MDG Pharmacy information
Patients using the 305 MDG Ambulatory Health-care Center who received a prescription must first visit the pharmacy to "check-in and activate" the prescription. An ID card is required. The pharmacy will process the prescription only after check-in.
Current prescriptions may be refilled 24 hours-a-day, seven days a week, by calling 754-9470. Refills can be requested seven to ten days before the prescription runs out. Refills are ready for pick-up two duty days after being phoned in.

Retiree Council seeks issues
The Fort Dix Retiree Council consists of retired service members and serves to provide the installation commander with insight into vital issues and concerns facing the retired Army community. The council meets quarterly to address any issues submitted to or by its members. Issues may be submitted in writing throughout the year to Faye Marshall-Dease, Retirement Services Officer, ATTN:INME-DIX-HRM, 5418 South Scott Plaza, Fort Dix, NJ 08640-5089.

Thrift Shop offers shopping bargains
Visit the Fort Dix Thrift Shop for all your clothing and household needs. Contributions and donations are graciously accepted. Our regular business hours are: Tuesday and Thursday 10:00

Youth Center

Bldg. 1279 Locust Street
562-5061

Hours of Operation:
Tuesday - Friday 2 to 7 p.m.
Saturday 1 to 7 p.m.
Sunday & Monday CLOSED

Administrative Hours:
Tuesday - Friday noon to 6 p.m.

January Schedule

Snow Tubing Rec. Trip to Blue Mountain
Jan. 13
1:30 - 10:30 p.m.
Teen Center will be closed Jan. 13 for trip

The Youth Center will be closed Jan. 14-16
Middle School Before/After School Program and open rec will operate out of the Teen Center on Jan. 16. Parents should make plans to pick children up at teen center that day

Mondays - Fridays

Power Hour
2 - 4:30 p.m.

Computer Lab
4:30 - 6:00 p.m.

Tuesdays
SMART Start
3:45 - 4:45 p.m.

Wednesdays
Sports and Fitness
3:35 - 4:45 p.m.

Thursdays
Tech Club
3:45 - 4:45 p.m.

Fridays
Arts and Crafts
3:45 - 4:45 p.m.

Note: The Teen Center is open Fridays and Saturdays from 7 to 11 p.m. except during the Youth Center's Midnight Basketball nights.

Family Advocacy

562-5200
Chaplain
562-2020

American Red Cross
562-2258
Army Emergency Relief
562-2767

Army Community Service

Bldg. 5201
562-2767

Hours of Operation:
7:45 - 4:30 p.m.

January Schedule

Playgroups 18 mo-3yrs
15 Jan., 17 Jan.
11:00 a.m. - 12:30 p.m.
McGuire CDC # 1

A Night of Discussion :Single Parenting Issues
15 Jan.
6:00 p.m. - 7:30 p.m.
Ft. Dix CDC

Love Shouldn't Hurt
18 Jan.
11:30 a.m. - 12:30 p.m.
ACS.

Sharpening Your Communication Skills
19 Jan.
11:30 a.m. - 12:30 p.m.
ACS.

Contemporary Staffing:Recruitment
22 Jan.
10:00 a.m. - 1:00 p.m.
ACS.

Veterans Workshop:Know Your Benefits
22 Jan.
6:00 p.m. - 7:00 p.m.
ACS

For more information call
Deraurah Wilson at 562-4830

MOBILIZATION

WDIX Commander's Channel 2

NEWS YOU CAN USE

WDIX Commander's Channel 2

Post Shuttle Bus

562-5888
Monday to Sunday -- 7 a.m. to 10 p.m.
During the day Starr Tour buses are used, in evening the military Bluebird buses are run.

Dix Shoppette/Class Six/ Gas Station

723-0044
Bldg. 5359, Texas Ave.
Monday to Friday - 6 a.m. to 10 p.m.
Weekends - 7 a.m. to 10 p.m.

BX/PX & Mail

723-6100
Monday to Thursday - 10 a.m. to 8 p.m.
Friday and Saturday - 8:30 a.m. to 8 p.m.
Sunday - 10 a.m. to 6 p.m.

Commissary

754-4154
Monday to Friday - 7 a.m. (early bird) to 8 p.m.
Saturday - 9 a.m. to 8 p.m.
Sunday - 10 a.m. to 7 p.m.

Military Clothing/Sales Store-Alterations

723-2307
Bldg. 5601, Texas Ave.
Monday to Saturday 10 a.m. to 5:30 p.m.
Sunday - Closed.

Firestone

723-0464
Bldg. 4201 on Texas Ave.
Monday through Friday - 7 a.m. to 7 p.m.
Saturday - 7 a.m. to 5 p.m.

Recreation Center

562-4956
Bldg. 5905 on Doughboy Loop.
Monday through Friday - 1 to 10 p.m.
Saturday and Sunday - noon to 11 p.m.
AT&T Cyber Zone offers computer access for a fee

Burger King

723-8937
Bldg. 5399, Texas Ave.
Monday to Saturday 6 a.m. to 8 p.m.
Sunday 7 a.m. to 8 p.m.

McGuire Gas Station

723-4705
East Arnold Avenue by th 24-hour gate
Monday to Friday -- 6:30 a.m. to 7 p.m.
Saturday -- 9 a.m. to 7 p.m.
Sunday -- 9 a.m. to 6 p.m.

Spouses' Club Thrift Shop

723-2683
Tuesday and Thursdays - 10 a.m. to 2 p.m.
First Wednesday of each month - 4 to 8 p.m.
First and 3rd Saturday of each month - 10 a.m. to 2 p.m.

Dining Facilities

Bldgs. 5640 and 5986
Breakfast Mon - Sun 5:30 to 7:30 a.m.
Lunch Mon - Sun 11:15 a.m. to 1:15 p.m.
Dinner Mon - Sun 4:30 to 6:30 p.m.
Bldg. 5517
Breakfast Mon - Sun 6:30 to 8:00 a.m.
Lunch Mon - Sun 11:30a.m. to 1:00 p.m.
Dinner Mon - Sun 4:30 to 6:00 p.m.

Outdoor Recreation

562-6667
Bldg. 6045 Doughboy Loop
Equipment for rent includes skis, snowboards, canoes, flat bottom boats, canopies of various sizes, tents, tables, chairs and more.
Monday to Friday 10 a.m. - 5 p.m.
Saturday 4 p.m.

NEW HOURS Java Cafe and Computer Lab @Club Dix

723-3272
Monday - Friday - 7 a.m. to 1:30 p.m.
Saturday-Sunday -Closed.

McGuire Shoppette

723-4705
East Arnold Avenue by the 24-hour gate
Monday to Thursday -- 6:30 a.m. to 9 p.m.
Friday -- 6:30 a.m. to 7 p.m.
Saturday -- 9 a.m. to 10 p.m.
Sunday -- 9 a.m. to 7 p.m.

Fort Dix Post Office

723-1541
6038 West 9th St.
Monday to Friday -- 8:30 a.m. to 4:30 p.m.
Saturday -- 9:00 a.m. to noon
Lobby hours
Monday to Friday 7:00 a.m. to 7:00 p.m.

New Joint Tax Center to offer free tax help

With the ringing in of the New Year, that means only one thing - income tax season is right around the corner.

The Joint Tax Center, a collaboration between the Army and Air Force, will soon be providing free tax help, to include electronic filing, for active duty, retired and their families.

Although the concept of federal income taxes can be intimidating to most, Volunteer Income Tax Assistants, or VITA, will be preparing federal income taxes, free of charge, for identification card holders.

The VITA team is comprised of members from all sections of the Army, Air Force, Navy and civilian community who voluntarily attended Internal Revenue Service Training this past December. Now that they are up to speed on the latest and greatest that the IRS has to offer, you stand to benefit from their expertise.

Not only will they be available to assist you in preparing your taxes, the VITAs will have critical IRS information readily available on topics such as the Earned Income Credit, Additional Child Credit, deductions, and other important financial aspects that may be on your mind.

There are important documents that the VITAs will need in order to prepare your taxes:

- * Social Security and/or ITIN cards for you, your spouse, and all dependents

- * Military ID
- * Form W-2 from each employer. Active duty members may obtain this from www.mypay.dfas.mil

- * All forms 1098 and 1099
- * Childcare/ Daycare expense information. You will also need name, SSN, and address of the Childcare provider

- * A copy of last year's tax return
- * Information for all deductions/credits
- * A voided check if you desire direct deposit of your refund

If you have any additional sources of income, such as sale of stocks, supporting documentation must be provided to prepare an accurate return. One way to decrease the waiting time for your tax refund is to take advantage of the Tax Center's free electronic filing program.

By simply bringing a voided check to the Tax Center, you can choose any checking account, regardless of location, to have your refund deposited.

The VITA team stands ready and waiting to help you with your income tax questions and concerns. Stay tuned for the date and times the Center will be open for business.



Nate Shropshire

Learning logistics

From Dec. 4-15, 2006, Fort Dix conducted a Unit Level Logistics System Ground Class. ULLS-G is an integral part of the Army's Standard Army Maintenance Information System (STAMIS) that is used by units to manage their maintenance programs. Fort Dix is mandated to ensure that all deploying units are competent to utilize the ULLS-G system prior to deployment. Students included DOL civilians, Soldiers, and The Logistics Company contractors.



Wayne Cook

Reaching new heights

Members of the Army Corps of Engineers and contractors set a section of wall in place during construction of the new Army Logistics Warehouse Jan. 5.



Army Community Service (ACS)

562-2767

Bldg. 5201, on the corner of 8th Street and Maryland Avenue

Hours of Operation:

Monday through Friday, 7:45 a.m. to 4:30 p.m.

Looking for information and assistance? ACS is here to serve you. ACS serves all military branches of service, DoD civilian personnel and retirees. The ACS Center is accessible to individuals with disabilities

**FORT DIX
WANTS YOU**



**TO BE A
MAYOR!**

CALL 562-2767

MAKE A DIFFERENCE

Fort Dix is looking for interested residents who would like to volunteer for the Fort Dix Mayors Program

The neighborhood Mayor is a volunteer who talks to the Command, to DPH, and the DOD Police to insure and improve the Quality of Life for all residents

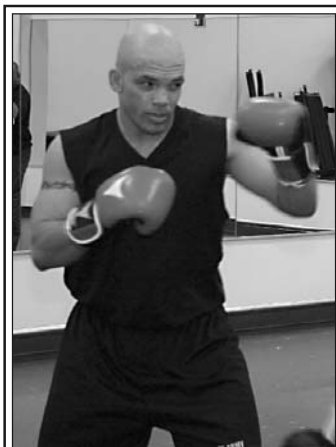
For those residents who want to make sure the Fort Dix community is the best it can be please

Call Army Community Service at 562-2767

NCOA grabs early lead in basketball



Ed Mingin



Ed Mingin

BALL CONTROL -- Raymond Drinkard, right photo, saves a ball from going out-of-bounds and throws it to his 2/315th teammate Lonnie Mathis, above. The play helped them to victory over 3 SEG in their first game of the season. NCOA leads all teams with a 2-0 record.

Ed Mingin
Public Affairs Staff

Preseason basketball ended just before New Year's, with the Wildcats beating Ball-Up for the Championship. That's just a distant memory now, and players were back in action this week at the Griffith Field House for regular season action.

"We have 12 teams competing right now," said Chris O'Donnell, sports coordinator for the Griffith Field House. "There were 14 teams signed up, but two dropped out before the season started."

Even with the two teams not participating, there are still more teams than had participated in the Preseason Tournament.

"We had ten teams that played in the preseason," said O'Donnell.

During the first week of regular season competition, NCOA has jumped to an early lead with a record of 2-0. NCOA beat Main Event and HHC 5th Brigade to get their season off to a perfect start.

Five other teams, 2/315th, Dynasty, Renegades, TLC, and the preseason champion Wildcats are tied with a 1-0 record.

Three teams are tied at 1-1: 3rd SEG, HHC 5th BDE and Ball-Up.

FCI, MRB and 2/312th lost their first game and sit at 0-1. Even with the season barely underway, O'Donnell has plans for the end of the season.

"The regular season ends in the middle of March. Then it's the Post Season Tournament," he said.

Usually basketball ends right there, with the Post Season Championship. This year will be a little different. The staff at the

Field House have been talking to the sports director at McGuire, and have set up an Army/Air Force Championship.

"Our champions will play their champions," said O'Donnell. "That is scheduled for the end of March."

The Army/Air Force match is set to take place at the Griffith Field House March 29, 7 p.m.

The staff at Griffith is hoping to challenge the Air Force in more than just basketball.

"We want to set it up for all the sports," said Floyd Winter, director of sports, fitness, and aquatics.

Other sporting events are also being set up for when basketball comes to a close.

"We are looking to set up a

racquetball tournament, maybe sometime in March," said O'Donnell. "And we want to set up ping pong, probably in April. Volleyball too, that should start in April also."

Standings as of 1/10

NCOA	2-0
2/315th	1-0
Dynasty	1-0
Renegades	1-0
TLC	1-0
Wildcats	1-0
3rd SEG	1-1
HHC 5th BDE	1-1
Ball-Up	1-1
2/312th	0-1
FCI	0-1
MRB	0-1



Ed Mingin

Taking new role in Dix fitness

Ed Mingin
Public Affairs Staff

For the past three years, Floyd Winter has served as Youth Sports director for Fort Dix. At the start of this Year, Winter moved from his position at Youth Sports, and is now the sports, fitness, and aquatics director.

Now working out of the Griffith Field House, Winter's new office is just down the street from his previous office at Youth Sports.

Coming into the new position, Winter has fresh ideas and brings a fresh attitude and energy to the Field House.

"We want to incorporate an Army/Air Force Championship," said Winter. "In fact, on March 29, we are going to have a basketball championship between McGuire's basketball champions, and the basketball champions from Fort Dix. That will be here at the Griffith Field House at 7 o'clock."

With Winter's long history in

military sports, he was an Army wrestler and coach for years, inter-service competition is only natural for him. Knowing the fun and excitement the Army/Air Force match would bring, Winter wasted no time setting up the friendly competition.

"I called Jim Allahan over at McGuire. He's the sports director over there. We just had a meeting and set it all up. It should be a lot of fun," said Winter.

Working in his new role is more than just fun and games for Winter. His responsibilities include setting up and running sports programs for Soldiers and their families, and the civilian population at Fort Dix.

"We also deal with outside agencies who come in to rent our sports fields and facilities. We do the fun runs, send a team for the Army 10-Miler. We just did the Armed Forces Bowling Championship here at the bowling center," he said.

He was also quick to point out that the Griffith Field House is more than just a place to work.

"We have fitness instructors

who will work with you to set up a program geared specifically to your needs. If you want to lose weight, get in shape, add muscle mass, or whatever your goals, they will evaluate you and set up a program. This is all done for free," added Winter.



Ed Mingin

NEW DIGS -- After spending three years as Youth Sports director, Floyd Winter is now the sports, fitness, and aquatics director for Fort Dix.

Sports Shorts

Griffith Field House

Saturday & Sunday
9 a.m. to 5 p.m.
Monday - Friday
6 a.m. to 9 p.m.

Doughboy Gym

Newport Ave.
The Doughboy Gym will be closed until further notice.

Youth Basketball Schedule

Jan. 12

Juniors - Fort Dix vs. Pemberton 2 at Doughboy Gym - 8 p.m.

Sr. Bantam - Fort Dix 1 vs. Raptors at Doughboy Gym - 6 p.m. Fort Dix 2 vs. Pemberton 3 at Pemberton High School.

Jr. Bantam - Fort Dix vs. Pemberton 3 at Helen A. Fort Middle School - 6 p.m.

Jan. 13

Minors - Fort Dix 1 vs. Pacers at Doughboy Gym - noon. Fort Dix 2 vs. Cavs at Doughboy Gym - 1 p.m.
Pee Wee - Fort Dix -bye.

Pep Rally

Come Support Fort Dix Youth Basketball. Saturday, Jan. 20 will be a pep rally at the Pemberton Township High School.

Starting at 5:30 p.m., events will include a PeeWee dunk contest, half-court shots, foul-shooting contest, 3-point contest, Trinity Drill Team, cheerleaders, 50/50, concessions, prizes, and a coaches game.

Price for this event is \$2. Coaches and players will be admitted free.

Griffith Field House Aerobics Schedule

Monday

Step & Sculpt
noon - 1 p.m.
Total Toning
5:15 p.m. - 6:15 p.m.

Tuesday

Mind & Body Pilates
8:30 a.m. - 9:30 a.m.
Spin-It!
noon - 12:45 p.m.

Wednesday

Hi-Lo Fusion
noon - 1 p.m.
Circuit Training
5:15 p.m. - 6:15 p.m.

Thursday

Step & Sculpt
8:30 a.m. - 9:30 p.m.
Mind & Body Pilates
noon - 12:45 p.m.
Mixed Fitness
5:15 p.m. - 6:15 p.m.

Friday

Spin-It!

noon - 12:45 p.m.
Classes are subject to change. There must be at least three participants to conduct a class. Call 562-4888 for more information.

Aquatics

Winter hours are now in place for the indoor pool.

Lap Swim

Monday - Friday
Retirees/adult dependents/working DOD
6 a.m. - 8 a.m.
10 a.m. - 11:30 a.m.
Active duty/working DOD
11:30 a.m. - 1 p.m.
Saturday
Retirees/adult dependents/working DOD
10:30 a.m. - noon

Rec. Swim

Mon. - Fri.
1 p.m. - 5 p.m.
Saturday
Noon - 6 p.m.
Fees for Rec. Swim: Military - \$2 Non-military-\$4

Hydro Aerobics

Monday and Wednesday
7:30 p.m. - 8:30 p.m.
Saturday
10:30 a.m.

These MWR Activities Host Birthday Parties and Group Outings!

Aquatics
(609) 562-2808

John Mann Park
(609) 562-6667

Bowling Center
(609) 562-6895

Arts & Crafts
(609) 562-5691

Call today and leave the fun to us!!

Chaplains' Corner

Chap. (Maj.) Jason Logan
chapel staff

"Then He who sat on the throne said, 'Behold, I make all things new.' And He said to me, 'Write, for these words are true and faithful.'"
Revelation 21:5

Boy, it's hard to believe that by the time you read this article, we will be well into the New Year. I wonder how many of you have established new goals for the New Year. We call them New Year Resolutions, but they are new goals!

One thing is for sure - if you haven't established new goals, there are definitely plenty of people who will establish them for you.

Every year, I always re-evaluate my life and set new goals, but alas, I always seem to come short of them. I'm sure I'm not the only one in this predicament. We all have good intentions in life, don't we? If only we were perfect and could attain every task and goal of our heart.

Yet, we are not perfect, no one is, and though we strive for excellence, the best and brightest fall short. The chaplain's good word is simply this; God is a God of new beginnings.

Listen, no matter how many New Year Resolutions you break and no matter how many times you blow it, God gives us hope of a new beginning! God is the only one I know who really has grace (undeserved favor) for us. He is the only one I know who can give us a clean slate. Everyday with God can be a real new start.

My good word is simple, but powerful. My message today is good news because it helps to

encourage and motivate everyone. After all, everyone can benefit from knowing that with God, tomorrow's mistakes are gone. Today is another chance for great things. I find that pretty exciting!

Finally, God is more than just a God of new beginnings. He is also a God of endings. He said, "I am the Alpha and the Omega, the First and the Last" (Revelation 1:11). In other words, God will not only give you new starts, but He will also be with you to the end. By faith, He promises to never leave you or forsake you.

Lastly, I want to close with a poem that tells of God's promised presence throughout the New Year. May God bless you abundantly in the New Year!

A New Year's Promise

Another year I enter,
Its history unknown;
Oh, how my feet would tremble
To tread its paths alone!
But I have heard a whisper,
I know I shall be blest:
"My presence shall go with thee
And I will give thee rest."

What will the New Year bring me?

I may not, must not know;
Will it be love and rapture?
Or loneliness and woe?
Hush! Hush! I hear HIS whisper,
I surely shall be blest;

"My presence shall be with thee -
rest."

author unknown

Relationship Safety

Everyone has the right to feel safe in his or her relationships.
Are you or do you know anyone in an abusive relationship?

Look for these signs:

- threats or intimidation
- isolation from family and friends
- denying access to money
- sexual abuse
- involving or using children in adult conflicts
- destroying personal possessions
- feeling fearful
- painful put-downs
- use of weapons

Important phone numbers:

Providence House hotline
871-7551
NJ Domestic Violence hotline
800 572-SAFE
Fort Dix Victim Advocate
562-2767
McGuire Victim Advocate
754-9672

For emergency assistance call 911

Honoring the Colors

Reveille 6 a.m. (0600 hours)

Military personnel in uniform

Stand at attention,
face the flag and
salute at first note.

Military personnel not in uniform, civilians

Stand at attention,
face the flag and
place right hand over
heart at first note.

Military personnel in formation or in a group

Senior Soldier calls
group to "Attention,"
then "Present, Arms"
at first note. Calls
"Order, Arms" at
conclusion.

Individual military personnel, civilians in a vehicle

Stop vehicle and exit.
Follow steps above.

Group of military personnel in a vehicle

Stop vehicle. Individual
in charge exits and follows
steps above.

Retreat 5 p.m. (1700 hours)

Stand at attention,
face the flag for
Retreat, then
salute at first note
of To the Colors.

Stand at attention,
face the flag for
Retreat, then place
right hand over heart
at first note of
To the Colors.

Senior Soldier calls
group to "Attention,"
then "Parade, Rest"
at first note of
Retreat. Calls
group to "Attention"
and "Present, Arms"
at first note of To the
Colors, then "Order,
Arms" at conclusion.

Stop vehicle and exit.
Follow steps above.

Stop vehicle. Individual
in charge exits and
follows steps above.

Other bugle calls heard on post are:

Tattoo.....9 p.m. (2100 hours)
Call to Quarters.....9:30 p.m. (2130 hours)
Taps.....10 p.m. (2200 hours)

NCO Call
at Club Dix
Wednesdays at 6 p.m.

WDIX Channel 2
24/7 information